REVISED EDITION.

# THE GREAT FOOD CURE.

## FOR WEAK AND RUN-DOWN PEOPLE

Weigh yourself before taking it.

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# YOUR HEALTH IS YOUR LIFE.

**Many of the following diseases rob the blood of all its richness, and sap the very life itself from the brain and nerve centers, ending in**

## NERVOUS PROSTRATION.

Do you feel weak and run down?
Does the food you eat fail to nourish you?
Are you losing flesh and getting thin?
Are you pale and sallow, with dark rings under your eyes?
Do you have a rush of blood to the head?
Do you have vertigo, dizziness or swimming of the head?
Do your hands and feet get cold easily?
Do you get chilly and achy all over?
Do your hands and feet tingle and get numb?
Do the muscles of your limbs, face and eye-lids twitch?
Have you lost sensation to the soles of your feet?
Do you lack nerve force or power in any part of the body?
Do your muscles seem to be wasting away?
Have you any other wasting drain upon your system?
Do you have dyspepsia with gas or wind on the stomach?
Is your tongue coated and your breath offensive?
Do you have a sour or bitter taste in your mouth?
Do you feel bloated or distressed after eating?
Is your appetite poor and sometimes variable?
Are your bowels constipated or irregular?
Do you feel faint or weak in the stomach?
Do you have boils or pimples on your face and neck?
Do you get nervous and irritable, tired and worn out?
Do you have a ringing or buzzing in the ears?
Do you have bad dreams, sleep poorly and awake tired?
Do you have weak eyes or blurred vision?
Do you feel stupid, with no ambition or vitality?
Do you have headache or shooting pains in the head?
Is it hard to remember and concentrate your thoughts?
Are you melancholy and depressed in spirits?
Do you imagine something dreadful is going to happen?
Do you feel as though you would lose your mind?

## DR. CHASE'S BLOOD AND NERVE FOOD

**Fills the shriveled arteries with pure and rich blood, and the brain and nerves with fresh vital fluid that forces new life and vigor into every part of the body, curing all of these diseases.**

# The Great Food Cure.

Dr. Chase's Blood and Nerve Food is called a Food because it is composed chiefly of the blood and nerve-making principles of the food we eat, in its most digestible and condensed form. It cures by restoring the essentials of life that are exhausted and wasted away by disease, indigestion, high-living, overwork, worry, excesses and abuse. It acts at once upon the impoverished blood, brain and nerves, by feeding them, stopping the wasting drain and weakness, and replacing the worn-out and run-down tissues with the same kind of material that has been lost. It fills the shriveled arteries with pure and rich blood that gives you strength, and the brain with fresh vital fluid that forces new life and vigor into every portion of the body, thus building up the entire system. In proof of the above statements we submit the following certificate of analysis from Prof. Willard H. Morse, M. D., F. B. S. Sc., the eminent analytical chemist of Westfield, N. J., who has gained a great reputation as a chemist and medical expert, and the accuracy in his examinations of chemical and food products has made him authority in his line.

The Professor says: "I have conducted researches to determine the question: 'Is Dr. Chase's Blood and Nerve Food a food for the blood and nerves?' I certify to such an estimation. It is not a mere 'tonic or blood purifier,' but it enriches the blood with those elements the lack of which constitutes its impoverishment. At the same time it furnishes the nerves the equivalent of lost nerve force. This twofold action and purpose is due to its procuring to the heart, lungs and brain, stomach, liver and kidneys, a natural action."

# How to Select a Remedy.

There are good proprietary medicines just as there are able and competent physicians. Where selection of a medical adviser is made, intelligent people secure the services of men who stand high in public confidence; likewise where a medicine is to be chosen, one should buy only that which has been known to cure others, and is meritorious in all respects. For the benefit of thousands who naturally regard the editorial reports appearing in the *Journal of Health* as a safe guide in such matters, we would advise those of our readers who may be looking for a remedy for an impoverished condition of the blood and a lack of vitality or nerve force, with a generally weak and run-down system, bordering on nervous prostration, to try Dr. Chase's Blood and Nerve Food. The admirable qualities of this remedy have not been overrated; in fact, it would be hard to bestow upon it higher praise than its high merits deserve. Such remedies are entitled to equal credit with the highest members of the medical profession, and in many cases Dr. Chase's Blood and Nerve Food has cured where the ablest medical skill has failed.

A. C. MORRIS, M. D.

*From American Journal of Health.*

# Weigh Yourself Before Taking It.

To show our confidence in Dr. Chase's Blood and Nerve Food we desire every user of it to weigh themselves before taking it, that they may know for themselves what they are gaining in solid flesh, muscle and strength—"not fat." Make a memorandum of the date you commence and see what wonders it will do. There are but few remedies, if any, that will stand this severe test. Try it. You can't go wrong.

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# Dr. Chase's Blood and Nerve Food.

This condensed Food is a powerful blood-builder, creating healthy flesh rapidly—bringing back the bloom of youth to pale and sallow people; a wonderful restorative to the nerves—giving health, strength and vigor to the weak and emaciated. It cures all diseases arising from poor and watery blood or shattered nerve forces. Dr. Chase's Blood and Nerve Food cures by building up and restoring the lost power and strength to the nerves, and by making the blood good, rich and pure, and distributing it equally throughout the body, thus stopping the cause of disease. With this healthy condition of the blood properly circulating through the system, absorbing its full supply of oxygen, the following diseases and symptoms cannot exist, and they can be positively cured with Dr. Chase's Blood and Nerve Food:

Nervous Prostration, General Muscular Weakness, Loss of Appetite, Nervous Dyspepsia, Gas or Wind on the Stomach, Loss of Flesh and Strength, Nervous Headache or Shooting Pains in the Head, Lack of Ambition or Nerve Force, Irritability, Sleeplessness, Bloodlessness, Pale and Sallow Complexion, Dark Circles under the Eyes, Palpitation of the Heart, Shortness of Breath, Cold Hands and Feet, Numbness of the Limbs, Swelling of the Feet and Limbs, Chills and Hot Flushes, Fainting, Fits, Vertigo, Dizziness, Rush of Blood to the Head, Spinal Affections, Pain in the Back, Constipation, Liver Complaint, Catarrh, Consumption, Scrofula, Boils, Pimples, Black Heads, Leucorrhea, Tardy Development of Girls and all Irregularities of Women, Paralysis, Locomotor Ataxia, Insanity, St. Vitus' Dance, Twitching of the Eyelids, Weak Eyes, Blurred Vision, Ringing in the Ears, Loss of Memory, Feebleness of Will, and all those Nervous Diseases which make a Physical Wreck of the Sufferer and lead to Insanity.

It stops all wasting drains and weakness in either sex, whether caused by fevers, la grippe, high living, over-work, worry, intemperance, or other bad habits.

# To Physicians and Patients.

The attention of physicians is particularly called to the wonderful restorative effects of Dr. Chase's Blood and Nerve Food. The uniform success attending its use in chronic cases, where other remedies have so generally failed, is explained by the fact that this Food goes to the *root of all diseases.* By enriching the blood and strengthening the nerve forces, it supplies the vitalizing principles that have wasted away. Some diseases supposed to be chronic are made so only by incorrect treatment, while others refuse to yield to ordinary medicines on account of a bad condition of the blood. This often consists of a slight scrofulous taint, probably inherited.

Persons who find themselves getting weak and run-down should lose no time in stopping the drain upon their systems by using the great flesh maker, Dr. Chase's Blood and Nerve Food, which is far superior to cod liver oil, and with none of its unpleasant features. It is easy to take and never nauseates.

# For Weak and Run-down People

## Secret of Perfect Health.

The blood is the medium through which every part of the body receives its nutriment, and as this nutriment is extracted from the blood while it is passing through minute vessels at the extremities of the arteries, it is evident that in order to have health and strength of body there should be a full and free distribution of this fluid to all the parts, and it must be pure and rich in its flesh and muscle-making qualities. So important is the blood to health, and even the existence of our bodies, it was said by the ancients, "The blood of the body is the life thereof." Whether this is wholly true or not, it is very certain that we cannot live, even for an hour, without this wonderful fluid.

Disease has no effect on persons who have a sufficient quantity of rich and pure blood. It only acts on those whose blood is watery, impoverished or impure. For example: let a man whose blood is in good condition meet with an accident and get bruised, burned or cut, it soon heals up and is forgotten; but if his blood is poor and bad, his bruise may turn into a cancer, and his burn or cut into the worst kind of an ulcer, that may eat his life away in a few years. One of the first signs of disease is weakness, emaciation and lack of vitality; and the first sign of returning health is increase of flesh, strength and vigor. This weakness, emaciation and lack of vitality simply means that certain substances which go to make up the blood and nerves have become exhausted; and, to renew flesh, muscle and strength, these substances must be restored. Dr. Chase s Blood and Nerve Food is composed of the same kind of substances that are lacking in the impoverished blood and nerve forces when in poor health, and abundant in the rich juices that flow through the entire system when in perfect health.

If people would take this Food occasionally when in health to keep their blood and nerves in good condition, many spells of sickness and wasting diseases would be prevented, and there would be little left for doctors to do. It makes sick people well; puts solid flesh and muscle on thin people; gives strength to weak people; restores the lost vitality to nervous people; and imparts the tint of health to pale and sallow people.

## Acknowledged Merit.

Each mail brings us reports of restoring weak and run-down people of all ages back to health, the cures of which in some cases seem almost miraculous. The medical profession also acknowledge its worth by prescribing and using it in their practice; but the greatest acknowledgment of all comes from manufacturers of other preparations who imitate us by saying that theirs is "the best blood and nerve food." This statement shows that even they look upon Dr. Chase's Blood and Nerve Food as the highest standard in blood and nerve preparations. Dr. Chase's is the genuine and original Blood and Nerve Food, and its name and trade-mark have been registered in the Patent Office at Washington. See that our trade-mark is on the box you buy.

**Always Ask for Dr. Chase's.**
**Take Nothing but Dr. Chase's.**

# It Makes Weak People Strong.

## Wasting Diseases of Men.

In the great struggle for wealth and position, the men of to-day are becoming weaker than their forefathers. By the cares of business and the demands of social life they use up or waste away the most vital elements of the human body before they realize their weak and run-down condition.

The disease seizes on the patient so quietly at first that little attention is paid to the symptoms, which usually commence with a queer, bewildering sensation in the head; soon a strange forgetfulness appears, and in a short time the power to concentrate the thoughts, so necessary to brain workers, is lost. Following this will come deficient sight or blurred vision, muscular weakness, and a heavy, dull pain in the small of the back. There is a tendency to tire easily, and every exertion of the body or mind, however slight, increases the exhaustion. It makes young men feel and look old, and it cuts off the usefulness of middle-aged and old men long before their allotted time, resulting in premature decline or decay, St. Vitus' dance, paralysis, epilepsy, and softening of the brain. It robs the blood of all its richness, exhausts the body of its animating powers, and saps the very life itself from the brain and nerve centere. The digestion becomes impaired, the temper irritable, spirits depressed with gloomy forebodings, ending with complete lack of confidence and a general feeling of disgust at his own weakness.

These are some of the symptoms a man will have whose blood and nerve forces have been wasted by disease, over-work, worry, brain-tire, high living, dissipation, or other bad habits. Dr. Chase's Blood and Nerve Food acts at once upon this impoverished condition of the blood, brain and nerve forces, stopping the drain and replacing the worn-out and run-down tissues with the same kind of material that has been wasted. It fills the shriveled arteries with pure and rich blood, which increases the weight in sound, healthy flesh and muscles that give you strength, and the brain and nerves with fresh vital fluid that forces new life and vigor of youth into every portion of the body, building up the entire system, and transforming the sufferer into a type of perfect manhood. Many men have told us that it just hits their case. It is what they have often wished for, but never obtained in any other remedy. To stop the wasting drains quickly Dr. Chase's Kidney Food should also be taken. When the kidneys are in good condition and the drains have been stopped, half the battle has been won.

## Restores to Stay Restored.

Dr. Chase's Blood and Nerve Food is not only the richest of all restorative preparations, but it restores to stay restored, building you up a little more each day until you have regained full control of your brain and nerve powers, and have a good strong body to support them. This is what makes its cures complete and lasting. It does not simply tone up the nerve forces while you take it, like many of the nerve preparations, without giving you any bodily strength, nor does it build up or purify the blood like the sarsaparillas and other compounds for the blood without giving you any nerve strength. It is by building up these two life-giving fluids at the same time that makes this Food the modern flesh and strength-maker, and the only practical and common-sense remedy for *weak and run-down people.*

# Woman's Troubles.

No woman can expect to have good health without the monthly uterine action is regular, and any breach of this law of nature will lead to serious complications that may make her an invalid for life. Whether this action be irregular, painful, insufficient or suppressed, it is a sure sign that your blood and nerves are out of repair.

Dr. Chase's Blood and Nerve Food is worth its weight in gold to women, and any woman who will take it for a whole month cannot fail to see the benefit to be derived from its use. By acting directly upon the blood, increasing the circulation and forcing it through the regular channels, we have a remedy of nature perfectly harmless to the most delicate system.

It makes new and rich blood, strong and perfect nerves.

# Whites—Leucorrhea.

This disease is known at first by a slight, thin, watery discharge. In some cases it will be sticky, similar to the white of an egg, while in advanced stages it will be of a yellowish color and about as thick as cream.

The continued drain is very exhausting to the system, as it wastes away all of the blood's richness and the nerves' strength, and if it is not soon checked will lead to serious nervous and uterine derangements which gradually undermine the constitution. The discharge is generally accompanied by great lassitude, particularly in the morning, dizziness, fainting, irritability of mind, palpitation of the heart, shortness of breath, cold hands and feet, poor circulation of the blood, variable appetite, paleness, dark circles under the eyes, backache, blues, hysteria, etc. By taking Dr. Chase's Kidney Food along with the Blood and Nerve Food, the thin, pale face of the sufferer will be turned into a picture of perfect health.

# Tardy Development of Girls.

There is no time in a girl's life when she needs a mother's care and advice so much as when she is just budding into womanhood. From neglect of proper treatment at this age nine-tenths of the cases of Female Weakness and Consumption are commenced. Who is to tell the girl what she is, what she may expect, and how to care for herself, it her mother does not?

If your daughter seems to be going into decline, has a poor appetite, dull eyes, pimples on her face, or a pale, sallow or greenish complexion, headache, a pain in the side, is irritable and easily tired out, immediate steps should be taken to build her up, so that each organ will perform its proper functions. To delay treatment with the expectation that she will outgrow it, and that Nature will bring her around in time, may make her an invalid for life, to end her suffering only in premature death by Consumption. Nature requires assistance to develop her properly, or she would not be in this weak and run-down condition, and nothing does this so completely as Dr. Chase's Blood and Nerve Food, the great health-restorer. It supplies new life, color and strength to the blood, which makes her a woman of perfect health, with a complexion that cannot be obtained by artificial means.

# The Working Girl's Friend.

The life of working girls at best is a hard one, and under the most favorable circumstances they have more to contend with than men in similar positions. The delicate female organism and the nerves of girls were never intended to be strung up to the high pitch and tension required to perform duties that are often imposed upon them.

Whether the work be in office, store or factory, it is often one of daily misery, and there is no wonder that so many are breaking down after resorting to narcotic drugs for relief from the nervous exhaustion and fatigue from which they suffer. Such drugs deaden the nerves, and only produce a false temporary strength.

With Dr. Chase's Blood and Nerve Food it is quite different. By feeding the blood and nerves there will be a steady increase in *natural* strength of body and mind that brightens the eyes, clears the complexion, and instead of the depressed and fatigued feeling it will be one of buoyancy, with elastic step and easy movements.

# Tired and Worn-Out Women.

Many women are compelled to lie down during the day in consequence of derangements which are unnatural, except to such as are born with an inherited weakness.

Women who feel tired and worn out all the time, and fail to get refreshed from the night's sleep, are on the verge of a serious train of diseases that are liable to prove fatal unless the drain upon their system is soon checked.

At first there will be great languor, especially in the morning; faintness, dizziness, weakness or sinking at the pit of the stomach; the appetite will be variable, digestion impaired, palpitation of the heart, shortness of breath on any slight exertion, cold hands and feet, headache, paleness, dark circles under the eyes, and a dragging pain across the hips and loins; the memory becomes poor, the mind weakened, the disposition irritable and nervous, the least noise or unusual occurrence often producing complete nervous prostration. The disease destroys the complexion, making it sallow or greenish-looking; the cheeks become sunken, the bust flattened and reduced.

All these symptoms are caused by a poor quality and circulation of the blood and an exhausting or wasting away of the nerve forces; the blood becomes thin and watery, and the nerves lacking in strength. By feeding them with Dr. Chase's Blood and Nerve Food you strike at the root of the disease and lay a solid foundation on which to build. The weak parts are made strong, the weight is increased, the sunken cheeks and flattened bust fill out and become firm and plump, the enriched blood makes the complexion clear and rosy, the lips red, the eyes bright, and gives new life, strength and animation to the system.

Whenever there is backache, kidney, bladder or urinary trouble we recommend the use of Dr. Chase's Kidney Food in connection with the Blood and Nerve Food.

# It Builds Up the Whole System.

## A Convalescent Food.

Most remarkable have been the effects of this Food on patients who have just passed through serious spells of sickness, such as La Grippe, Typhoid, Scarlet and Malaria Fevers, being left by the disease with the body emaciated, the blood thin, the nervous system completely shattered, and the digestive organs too weak to assimilate the food necessary for recuperation.

Dr. Chase's Blood and Nerve Food acts directly on the nerve forces and blood, strengthening and enriching them and giving a healthy circulation, which enables the digestive organs to do their full duty. The results have in many cases been surprising, the patient not only recovering his former health, but actually *increasing* his normal weight and gaining greater strength and vigor than before.

**Nursing Mothers** also find Dr. Chase's Blood and Nerve Food a boon for the same reasons. There is a constant drain on their nerve forces and blood-supply in feeding the infant, and this drain will be effectually offset by a regular course of the Food, which is immediately taken up by the blood and nerves, supplying the very substances extracted in excess at this period.

**Change of Life.** Women approaching this stage of life will find great comfort and relief in the use of Dr. Chase's Blood and Nerve Food for the ravages attending this period. It acts on all the organs through the blood and nerves, and makes the change come gradual, leaving the patient strong and robust, to enjoy perfect health the remainder of her life.

## Cold Hands and Feet.

Often one of the first symptoms of a breaking-down of the system is inability to keep the hands and feet warm, resulting from defective circulation, poor, thin blood and weakened nerve forces. It is but too often the forerunner of anæmia, in which the naturally rich, red blood changes to a thin, watery fluid, moving sluggishly through the arteries.

Cold, damp extremities and excessive liability to catch cold are entirely overcome by the use of Dr. Chase's Blood and Nerve Food. It increases the circulation of the blood, generates animal heat, warming up and invigorating the whole body.

## Constipated Bowels.

To have good health the body should be kept in a laxative condition, and the bowels must be moved at least once a day, so that all of the poisonous wastes are expelled daily.

Constipation is usually caused by inattention to Nature's demands, and allowed to run on until there is no action in the muscles and nerves of the bowels and rectum, which become partially paralyzed. Liver pills and medicines of this character only expand the rectum while taking them, and make it more contracted and inactive afterwards. Dr. Chase's Blood and Nerve Food cures this complaint by making the nerves of the bowels and rectum strong and active, while Nature does the rest.

# It Clears the Complexion.

## Liver Complaint—Biliousness.

Liver Complaint is known by a sallow and sometimes spotted skin, foul breath, coated tongue, bad, bitter taste in the mouth, sour stomach, a tendency to bloat after eating, dizziness, blurs or specks floating before the eyes, pain in the sides and sometimes in the back and shoulders, headache, drowsiness after meals, melancholy or blues, constipation, etc. Torpidity of the liver in any of its forms is caused by a poor quality and bad circulation of the blood and a lack of nervous stimulus. Dr. Chase's Blood and Nerve Food puts all the organs of the body into such a perfect condition that it is absolutely impossible for any of the above symptoms to exist. It does not rack the system nor put you to inconvenience or distress like liver pills, salts or oils, and it never leaves the bowels in a constipated state as these remedies usually do after you stop taking them.

## Insomnia—Sleeplessness.

Inability to sleep when the proper time arrives is invariably a sign of the nerve forces being exhausted faster than nature is replenishing them, and as one of the most serious symptoms of nervous collapse it should be taken in hand at once. Many endeavor to gain sleep by aid of opiates; these, while affording relief at first by deadening the nerves, soon fail to do so unless taken in increased and dangerous doses, which in the end complete the ruin they were intended to prevent, leaving the patient a physical and mental wreck.

In Dr. Chase's Blood and Nerve Food we have an invaluable specific for sleeplessness which contains no opiates or narcotics. It induces restful and refreshing sleep by Nature's own methods. The enriched blood and increased circulation strengthens the nerves, calms the mind, warms up the extremities, and enables the entire system to relax into a peaceful slumber common to healthy childhood.

## Dyspepsia—Indigestion.

Usually all nutrition is derived from the food we eat, and consequently involves the process of digestion; but as the digestive organs derive their power to do their work from the blood and nerves, it is obvious that when the latter are exhausted it is as useless to call on the former to do their work as it would be to expect a steam engine to run when the boiler had no steam. This is the weak point of all remedies that seek to establish good health through the digestive organs. Dyspepsia and Indigestion were never cured by keeping solid foods out of the stomach and taking a diet of Graham, starch or the so-called predigested foods in any form. They only quiet the stomach, making it less troublesome while you are taking the articles, and when you return to solid foods again the stomach rebels.

Dr. Chase's Blood and Nerve Food, however, is not one of these; but by direct action on the blood and nerves, supplying the very substances they are deficient in, enriches the blood, strengthes the nerve forces, and establishes a sound, healthy circulation of the blood, thereby enabling the digestive organs to do their full daily work.

# Catarrh—Cold in the Head.

Catarrh is essentially a disease of the blood, and in fact may be called incipient consumption. It commences with a cold in the head, producing inflammation of the mucus membrane in the air-passages of the head. This inflammation, if not promptly checked, becomes chronic, the symptoms being a heavy, dull pain between or over the eyes, with a watery discharge from the head, either through the mouth or nostrils, the discharge turning yellow in color as the disease becomes seated. In time it is communicated by suppuration of the phlegm to the throat and lungs, producing what is recognized by the profession as Pulmonary Consumption, and the continued suppuration of the phlegm from the head, throat and lungs at last attacks the mucus membrane of the stomach, resulting in rapid decline and death—what our grandmothers called Galloping Consumption.

Like all other diseases of the blood, it requires a constitutional treatment to make an absolute cure of it, and the principle upon which Dr. Chase's Blood and Nerve Food acts makes it a perfect remedy for Catarrh and Consumption. As soon as the blood of the patient is put in proper condition, the cause of the disease is stopped, and the ulcerated membrane is soon healed.

# Paralysis—Locomotor Ataxia.

The symptoms of Paralysis are so marked as to scarcly require any description. It is generally due to a lack of nerve force or power with a poor circulation of the blood. It sometimes attacks both legs, and at other times one side of the body and face. Locomotor Ataxia is a terrible form of paralysis of the legs. There will be a dragging of the feet or an inability to place the foot where desired when walking. Loss of sensation to the soles of the feet and wasting of the muscles are also symptoms. Our success in curing these diseases is without a parallel, and we can show you the proof of cures we have made that have puzzled the doctors for years. Send for testimonials on paralysis.

# What May be Expected.

We do not promise impossibilities, but if you will take our Food Cures according to directions, with the same fairness and regularity, and continue the treatment as long as you would had it been prescribed by your family physician, you will be pleased with the results.

Both Dr. Chase's Kidney Food and Dr. Chase's Blood and Nerve Food make their cures by the building-up process, and they must be taken long enough to make a complete change in your system. It cannot be reasonably expected that a single box will do this, or cure you of a disease that has been wasting your life away perhaps for years. It may take four or five months, and in extreme cases a longer time. Each box you take will give you additional strength until you are restored to perfect health. When you are once cured in this way you will be cured to stay cured.

# The Danger of Kidney Disease

**Kidney Diseases are more dangerous than those of the Lungs or any other organ, and come on with much less warning. As soon as any sign of weakness or disease of the kidneys is noticed, no time should be lost in stopping the drain upon your system. Delay means excruciating pain and suffering.**

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## LOOK OUT FOR THESE SIGNS:

Do you get a stitch or pain in the small of the back when you take cold, which shows the kidneys to be your weakest organs?

Is there a sediment in your urine, or a scum on it after it has stood twelve hours?

Is there a brick-dust deposit in it, or is it stringy and ropy?

Is the urine highly colored?

Is it red, blood-like, or white and milky?

Are you sure that albumen, the most vital element of the body, is not being wasted away in the urine?

Does the urine stain your clothing?

Do you have an unusual or scanty supply?

Do you have to strain, or have a desire to urinate often?

Does the urine scald or burn when passing it?

Does it pain you to hold it?

Is your face pale and bloated, with eyes sunken?

Is your blood thin and circulation poor?

Do you get tired easily?

Is your breath short?

Do your feet and ankles swell?

Do you have Rheumatism, Sciatica, Neuralgia, Gout, Gravel or Gall Stones?

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The above are sure signs of Kidney, Bladder or Urinary Trouble, and require immediate treatment. Irritability, nervousness and sleeplessness are also often due to Kidney Complaints.

**Dr. Chase's Kidney Food** has a direct and specific action in all forms of Kidney, Bladder and Urinary Troubles, and it is the only remedy that cures by the building-up process, which gives the kidneys strength to cast off all poisonous matter from the blood, thus stopping the cause of all diseases of this nature.

# The Great Strength Maker.

## Dr. Chase's Kidney Food.

This Food is a combination of the best known diuretics in their most active and condensed form, and gives strength to the system by building up the kidneys, which are often the weakest organs of the body. The prescription for this preparation has been in our possession for nearly a quarter of a century. It has been tried and re-tried with such wonderful results that we firmly believe there is not a case of kidney complaint, bladder or urinary trouble, or any of those diseases which are due to uric acid and malarial poisons, that it will not cure. After having so thoroughly tested it, we place it upon the market with the assurance that it will be received with the same public favor that has been accorded our Dr. Chase's Blood and Nerve Food. When the disease is of the kidneys or urinary organs alone Dr. Chase's Kidney Food will make a complete cure without any other medicine; but when there is weakness of the other organs, with a complication of other diseases in addition to the kidney or urinary trouble, greater improvement will be seen and a cure more speedily effected by taking Dr. Chase's Blood and Nerve Food along with the Kidney Food.

## Kidney Complaints.

Kidney diseases are generally found in persons whose blood is impoverished or impure, and whose nerves have not sufficient power or force to make the kidneys perform their proper function. The duty of the kidneys is to filter the blood, and when this fluid is filled with uric acid and malarial poisons they become overburdened with extra work. When the nerves are not strong, they fail to supply the power to do this work; then the kidneys become clogged and disease sets in. Kidney complaints usually commence with cold chills, especially in the back and loins, followed with fever and pain. The pain extends to the bladder, loins and thighs. The urine becomes highly colored or extremely light. It sometimes looks red or blood-like, with a brick-dust sediment after standing, or it may be stringy or milky and filled with albumen, the most vital element of the body. When these conditions are allowed to continue they result in one or more of the following diseases: Backache, Weak Back, Rheumatism, Gout, Diabetes, Bright's Disease, Gravel, Irritation of the Bladder, Scalding of the Urine, Swelling of the Ankles, Dropsy, or some other Form of Kidney or Urinary Trouble. Dr. Chase's Kidney Food cures all of these complaints by building up the kidneys and giving them strength and power to dissolve the uric acid and cleanse the blood of all impurities.

## Bright's Disease.

This disease is sometimes called Consumption of the Kidneys. The symptoms are scanty urine filled with albumen and tube casts. There will be a swelling of the feet and limbs and around the eyes. The skin will be pale, hot and dry. The patient will also often have a cough, headache and backache. This disease has been considered incurable, but the success we have had in treating the most stubborn cases with Dr. Chase's Kidney Food leads us to believe that there is no case but what can be cured.

# Rheumatic Pains.

When the kidneys fail to filter the excess of uric acid from the blood you will have various forms of rheumatic pains, according to the quantity of uric acid or malarial poison left in the system. When the pain attacks the muscles and shifts from one part of the body to another it is called Acute or Inflammatory Rheumatism. When it attacks the joints it is called Chronic Rheumatism. When the pain strikes the sciatic nerve it is called Sciatica. When there is a heavy aching pain, with swelling in the feet, you have Gout. All of these pains can be cured by taking Dr. Chase's Kidney Food. It neutralizes the acid and casts off the poisons from the system.

# Gravel—Stone in the Bladder.

This disease is more prevalent in limestone regions, where the drinking water is hard, and among persons who are inclined to be scrofulous. It is caused by an excess of limy or sandy matter in the blood, which form in the kidneys and bladder into stones from the size of a pea to that of an egg. Persons with this disease have great difficulty in passing their urine, which is thick and ropy with deposits. Dr. Chase's Kidney Food cures Gravel by dissolving the stones and deposits, so that they are carried off with the urine. By making the kidneys and bladder strong and healthy they do not form again.

# Diabetes—Sugar in the Urine.

This disease is known by the enormous quantity of urine voided, which is filled with sugar. It is the most wasting of all diseases of the kidneys or bladder, as the food we eat is turned into sugar and is carried off through the urine instead of making good, rich blood and nerve force that gives you strength and keeps up your body. The digestion plays a very important part in this disease, and a cure can be obtained much sooner if Dr. Chase's Blood and Nerve Food is taken with the Kidney Food to build up the digestive organs.

# Write Us About Your Case.

You can have the benefit of our experience of nearly a quarter of a century by writing us the full particulars about your case, giving all symptoms. We study the conditions carefully, and give you good common-sense advice of what to do in connection with our Food Cures. While the advice given will be simple and easily understood, it will be thoroughly practical, and can be followed at your own home without any additional expense. Do not hesitate in writing us fully, for every letter received is treated as strictly confidential, and the answer will be mailed in a plain sealed envelope. Write to-day. Advice free.

**Price—How to Order.** The price of either Dr. Chase's Blood and Nerve Food or Dr. Chase's Kidney Food is 2s. 9d. a box, six boxes 13s. 9d. Sold by Chemists or sent by mail, post-paid. In ordering, state which you want, or how you wish it assorted when both are ordered. One box lasts a week. *Write plainly.*

*Address* ***THE DR. CHASE COMPANY,***
***28, City Road, Finsbury, London, E. C.***

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# THE GREAT LIFE DESTROYERS.

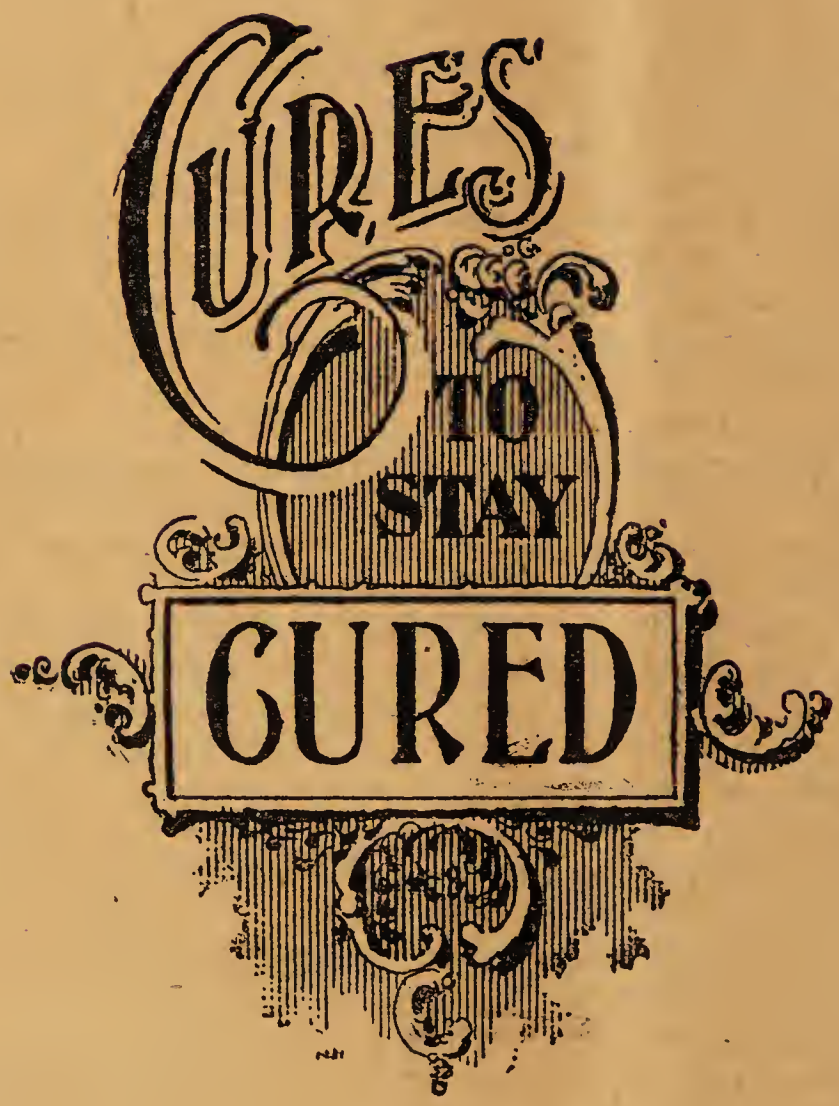
## Uric Acid and Malarial Poisons.

**Poor working kidneys allow an excess of these deadly poisons to accumulate in the system, which results in the following symptoms:**

Do you have a stitch or pain in the small of the back?
Do you get a pain in the kidneys when you take cold?
Is there a sediment in your urine after standing?
Is it highly colored or is there a scum on it?
Is the sediment like brick dust, sand or gravel?
Is it red, blood-like, white and milky or stringy and ropy?
Is albumen, "a white mucus," being lost in the urine?
Is the urine pale and foamy and full of little shreds?
Do you have an excessive discharge of pale, sugary urine?
Does the urine stain your clothing?
Do you have to strain or have you a desire to urinate often?
Does the urine scald or burn you when passing it?
Is the supply scanty and does it pain you to hold it?
Is your face pale and wax-like and puffy under the eyes?
Is your skin dry, harsh and burning?
Do you have dark rings or circles under the eyes?
Are you getting thin and losing your strength?
Do you feel drowsy and tired most of the time?
Do you have cold chills in the back and loins?
Are you feverish and want to drink often?
Are your bowels costive and stools hard and dry?
Do your feet and limbs swell and feel heavy?
Is your eyesight failing and not as good as formerly?
Do you have severe headache and backache?
Do you feel stiff and sore across the shoulders?
Do your muscles get stiff, sore and pain you?
Do you have pains in the back, hips, loins and legs?
Do you have shooting pains throughout the body?
Do these pains come near or around the heart?
Do your joints swell and get painful and tender?
Do your hands, feet and limbs draw up and get stiff?
Is your breath short and are you easily fatigued?
Do you start or jump up suddenly in your sleep?
Do you get gloomy, despondent, nervous and fretful?

## DR. CHASE'S KIDNEY FOOD

**Cures these diseases by making the kidneys strong and active, and giving them power to cast off all poisonous matter.**


CURES
TO
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